



### 88 Plan Summary of Material Modifications Effective March 1, 2017

The 88 Plan provides benefits to certain vested Players who have been diagnosed with dementia, ALS, or Parkinson's disease. Effective for applications received on and after March 1, 2017, the definition of "dementia" has been changed to the following:

"Dementia" means dementia diagnosed when there are cognitive or behavioral (neuropsychiatric) symptoms that meet the following criteria:

- i. The symptoms interfere with the ability to function at work or at usual activities; and
- ii. The symptoms represent a decline from previous levels of functioning and performing; and
- iii. The symptoms are not explained by delirium or major psychiatric disorder; and
- iv. Cognitive impairment is detected and diagnosed through a combination of (1) history-taking from the patient and a knowledgeable informant and (2) an objective cognitive assessment, either a 'bedside' mental status examination or neuropsychological testing. Neuropsychological testing should be performed when the routine history and bedside mental status examination cannot provide a confident diagnosis.
- v. The cognitive or behavioral impairment involves a minimum of two of the following domains:
  1. Impaired ability to acquire and remember new information—symptoms include: repetitive questions or conversations, misplacing personal belongings, forgetting events or appointments, getting lost on a familiar route.
  2. Impaired reasoning and handling of complex tasks, poor judgment—symptoms include: poor handling of safety risks, inability to manage finances, poor decision-making ability, inability to plan complex or sequential activities.
  3. Impaired visuospatial abilities—symptoms include: inability to recognize faces or common objects or to find objects in direct view despite good acuity, inability to operate simple instruments, or orient clothing to the body.
  4. Impaired language functions—symptoms include: difficulty thinking of common words while speaking, hesitations; speech, spelling, and writing errors.

5. Changes in personality, behavior, or comportment—symptoms include: uncharacteristic mood fluctuations such as agitation, impaired motivation, initiative, apathy, loss of drive, social withdrawal, decreased interest in previous activities, loss of empathy, compulsive or obsessive behaviors, socially unacceptable behaviors.

- vi. The differentiation of Dementia from mild cognitive impairment rests on the determination of whether or not there is significant interference in the ability to function at work or in usual daily activities. This is inherently a clinical judgment made by a skilled clinician on the basis of the individual circumstances of the patient and the description of daily affairs of the patient obtained from the patient and from a knowledgeable informant.
- vii. Notwithstanding any of the above, Dementia excludes dementia where the use or abuse of substances is the primary cause.

The 88 Plan's definition for dementia in effect prior to March 1, 2017 will govern applications received before this date. To receive 88 Plan benefits, Players with dementia, ALS, or Parkinson's disease must continue to meet the other requirements in the 88 Plan.

Logon to [mygoalline.com](http://mygoalline.com) or call the NFL Player Benefits Office at 800.638.3186 if you would like a copy of the 88 Plan document, Summary Plan Description, or an application for benefits.